

I would like to see, instead of a federal system of national health insurance, a program of national health information. In my opinion the most significant achievements in health care will be brought about through education, not more and more regulations. It is time for each individual person to show what he can do. It will take in-

dividual efforts to stem the rising costs of health care. It will take the individual efforts of patients, and it will take our individual efforts as physicians. If this is done, all of us, working together as concerned individual members of society, can reduce the need for health services and make health care bills in this country easier to pay.

Questions to Ask During Premarital Counseling

Providing premarital counseling is an important step for physicians to be taking. It provides one of the best guarantees for a good, happy marriage and a healthy marriage, because physically healthy and happy families have a close relationship. . . . You can do the usual physical examinations, and have the usual discussions of whatever physiological things you want to discuss, and things of that sort. But also, please, in the midst of this, ask them about possible areas of conflict. . . . Ask them such key questions as: "What time do you get up in the morning . . . and who'll get up first. . . ?" And also, "Who's going to carry out the garbage? . . . If there's going to be some little difference of opinion about it, now's the time to talk about it, before you even get married." . . . Examples of problems of living together—money: "Do you plan to have a joint checking account? What do you think is a good insurance program? Do you believe in credit cards? And which one of you is going to write the checks to pay the bills at the end of the month? . . . Where are you going to spend next Christmas? Vacations? Which one of your in-laws are you going to have the most trouble with? What kind of trouble is that in-law going to cause you? And how are you going to handle it?" Forewarned will make them forearmed, and will save an awful lot of grief.

—BEVERLEY T. MEAD, MD, *Omaha*
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